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EVENTS

Learn about nutrition initiatives at the Jenks Center Jan. 26-27

January 15, 2026 . 10:00 AM — 1 min read

The Jenks Center will host two nutrition initiatives to be held Jan. 26 and Jan. 27. WINCHESTER NEWS FILE PHOTO

The following were submitted by the Jenks Center:

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Nutrition with Jessy: Monday, Jan. 26, from 2-3 p.m.: Simplify your next trip to the grocery store by using the 5-4-3-2-1 method. This method can help simplify meal planning, avoid food waste, and overspending. We will learn how to balance your plate and plan nourishing meals.

Featured item: Chia seeds.

Nourish Program: Tuesday, Jan. 27, from 10:30-11:30 a.m.: Join nutritionist, Jessy Mcneil, as she discusses the Blue Zone lifestyle and diet for longevity. Including the history of Blue Zone and how we can incorporate dietary guidelines into daily meal planning.

Featured item: Roasted Chickpeas. (Nourish is a group that meets monthly to promote brain health, encourage socialization, and stimulate the five senses through music, crafts, and fun activities. ALL are welcome as we focus on nourishing mind, body, and soul) .

The nutrition initiatives are sponsored by the Council on Aging.

Register at www.jenkscenter.org. Space is limited.

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‘Chicago: Teen Edition’ dances onto the Winchester High School stage

By Talia Ho | Correspondent Fame. Fortune. And all that jazz. This spring, Winchester High School presents “Chicago: Teen Edition,” a bold musical that explores celebrity culture, media manipulation, and the cost of ambition. Set in the 1920s, this iconic production is sure to leave the audience wanting more. Performances will

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EVENTS

Ripley Chapel in Winchester presents ‘Syldason: You Are Welcome Here’

The following was submitted by the Ripley Chapel at First Congregational Church: On Friday, March 13, beginning at 7:30 p.m., live in-person and live streamed from the stunning Ripley Chapel at First Congregational Church, Winchester, 21 Church St., join in with Syldason, a duo concert featuring Sylvie Zakarian,

March 4, 2026

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Winchester Foundation for Educational Excellence hosting 23rd Trivia Bee

Winchester’s brightest fifth graders and adults will gather soon to compete in a fierce

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Sen. Jason Lewis announces March office hours in Winchester

The following was submitt f Sen. Jason Lewis: State Sen. ll be holding Office Hours in Winchester on

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trivia competition that will raise money for Winchester schools. The Winchester Foundation for Educational Excellence (WFEE), a nonprofit that provides grants for Winchester's public schools, will host its 23rd annual trivia bee March 11

TAVISHI CHATTOPADHYAY | CORRESPONDENT

February 24, 2026

Monday, March 2, 2026, from 10:30-11:30 a.m. at the Winchester Public Library, 80 Washington St. Any Winchester resident is welcome to attend Office Hours,

February 23, 2026

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FEATURES

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NEWS

Rep. Michael Day helps House colleagues pass sweeping energy affordability bill

The following was submitted by the Office of Rep. Michael S. Day: Rep. Michael S. Day and his colleagues in the House of Representatives recently passed energy affordability legislation that would result in over $9 billion in savings for utility ratepayers over the next 10 years. The bill maintains critical

March 4, 2026

NEWS

Winchester gun owners face new training rules starting April 2

Public safety data How Winchester compares on firearms licenses in comparable Massachusetts communities Active licenses as of Jan. 25, 2025 — Source: Massachusetts Criminal History Systems Board License to carry firearms Firearms identification card Winchester and Marblehead are the focus communities. Peers selected based on comparable population size, demographics and suburban

WILL DOWD | STAFF WRITER

March 4, 2026

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